

Hi everyone,

We a society just went from 0 to 60, or rather – in this case – from 60 to 0 in the span of a week. Though work continues, everything else has come to a screeching halt. Visits with friends and family, community events, entertainment, eating at restaurants, even leaving the house.

It's important to pause and acknowledge that our *entire* reality has shifted fundamentally, both collectively and individually, in a span of days. We are stuck in our homes when two weeks ago, most of us could go out and operate freely without much care for our health. It seems as though we have entered an alternate reality in which we are 1) physically limited, 2) socially isolated, 3) uncertain about the future, and 4) each of our individual choices has enormous stakes and possible dire consequences.

From afar Coronavirus didn't look real. And now it is. And here we are – in a bit of a dystopia nightmare. As though if we say "all is well" and embody the platitude, then maybe the world will put itself back together again. But there is a loss, there is grief, and there is fear that comes with what we are all experiencing now.

It is my experience and understanding these feeling of dis-ease will lurk in the background, demanding our attention, until we acknowledge and process them, on your own and together. So I'm here to encourage a pause and let it all sink in. I want to invite us all to slow down and acknowledge the tragedy and hardship that has just befallen us and our families – to take a pause. It is okay to be in your feelings and know that they are normal. Do nothing for a little bit. Try not to distract yourself 24/7 unless you need to (which many of us do). If there is sadness, fear, anxiety, terror, uncertainty, or all the above, allow those feelings to be there. Then dance, move, sing, create, run, write, punch pillows, cry – do whatever feels expressive of what's inside. So be real and vulnerable with yourself. Admit what is going on inside, and if it feels right, share it with others. Then do what feels good.

And if you need help coping, reach out to a trusted friend or any member of Team Kingsley Resiliency Team.

Team Kingsley Resiliency Resources

We are your resiliency experts dedicated to support Airmen and families. With your help we will build and maintain a culture of peer support and Airmen taking care of Airmen. We look forward to serving you and your family!



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Equal Opportunity
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DPH Scheduling: usaf.or.173-fw.mbx.dph@mail.mil or 541-880-2479

Military OneSource: Crisis 800-273-8255

Non-Crisis 800-342-9647

DoD Safe Helpline: 877-995-5247

Suicide Lifeline: 800-273-8255

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Breathe. Feel. Get through the day. And repeat. That is enough right now.

Jen

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RESOURCES

NON-CRISIS: **MILITARY**
ONE SOURCE Call 800-342-9647
Click www.MilitaryOneSource.mil
Connect. 24/7

CRISIS:  Veterans Crisis Line | Military Crisis Line
1-800-273-8255  Dial 911